



Central High School

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Yellow Jacket Times

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National Guards go to Ferguson

Toni Qualls

Protests arose in Ferguson, Missouri, when a 17-year-old, Michael “Big Mike” Brown, was shot and killed by a Ferguson police officer, Darren Wilson. Protesters were angry and outraged about the shooting and the heavy police response to the demonstration. Officials struggled to control the situation and the National Guards was sent to help restore order. People from different states made their way to Ferguson to participate in the protest. Because the people were angry about the situation they tried to take all of their anger out..... but on the wrong people. Store owners had really no choice but to close up because they were being broken into and they were losing business.

- Protesting in the streets every night didn't bring Michael back and it won't make the judge sentence the officer any tougher. Louisville can learn a lot from this situation. If you are going to protest, do it in the right places. A good place to protest in Louisville would be somewhere where there is a lot of space, like the waterfront. That way you wouldn't have stores closing up and losing business because of people being angry.
- If you are a police officer always travel with a partner so you won't feel as threatened in a situation like the one in Ferguson. If police officers travel with a partner, then it will be way safer for them. If there's a 6 foot person approaching you and you are way smaller, then they are then you would want to have someone have your back instead of having to depend on your weapon.

If the people in the city of Louisville remember these two things, then it will be a great and safe city.

If you are ever stopped by the police:



Think carefully about your words, movement, body language, and emotions.

Do not get into an argument with the police.

Anything you say or do can be used against you.

Keep your hands where the police can see them.

Do not run. Do not touch any police officer.

Do not resist even if you believe you are innocent.

Do not complain on the scene or tell the police they are wrong or that you are going to file a complaint.

If you are arrested:

Do not make any statements regarding the incident.

Ask for a lawyer immediately upon your arrest.

Remember **officer badge & patrol car numbers**.

Write down everything you remember ASAP.

Try to find **witnesses** & their names & phone numbers.

If you are injured, **take photographs of the injuries** as soon as possible, but make sure you **seek medical attention** first.

It's Good that Police in Louisville Don't Compare to Other Cities

Toree Sims

So far this year two unarmed African-American males in their early 20's have been assassinated by police officers. In Louisville, KY, there have been none so far. Even though African-Americans in Louisville do act wild and commit lots of crimes, the police handle it in a non-fatal manner.

From what I have seen with my own eyes, not all Louisville officers handle every violent situation perfectly, but at least there have been no fatal shootings of unarmed people. In 2011, at a skating party, there was a mob brawl on Dixie Hwy after the party. To calm it down, police officer's sprayed mace, pointed bean bag guns, and ran us out of the area with paintball guns. They handled the situation roughly, but no lethal weapons were used.

Last year, at the waterfront, a youth gang was ganging elders on the Big 4 bridge and breaking into gas stations. Police didn't act with guns at all. The police caught who they could and put them in custody. At the time, it probably seemed like a good idea to use more force because there were over 200 out of control teenagers, but the police handled it in a nice and calm way.

I'm not trying to take one side or the other, I'm just giving facts. But honestly I can say that the LMPD does a good job patrolling the Louisville area. So far not one murder by police has happened this year and I have no doubt that it will stay that way.

LouisvilleKentucky

Population 258,430 Louisville violent crimes

	MURDER	RAPE	ROBBERY	ASSAULT
REPORT TOTAL	28	78	613	1,011
RATE PER 1,000	0.11	0.30	2.37	3.91

Population 313,914,040 United States violent crimes

	MURDER	RAPE	ROBBERY	ASSAULT
REPORT TOTAL	14,827	84,376	354,522	760,739
RATE PER 1,000	0.05	0.27	1.13	2.42

From: <http://www.neighborhoodscout.com/ky/louisville/crime/>

America Incarcerated

By: Gia Carney

According to the Bureau of Justice, statistics' report about 2.5 million Americans are in jail or prison. America has the most people incarcerated out of any country in the world. About 25,000 people go to jail in a day; prisons cost taxpayers more than \$32 billion a year. Every year that an inmate spends in prison costs \$22,000. An individual sentenced to five years for a \$300 theft costs the public more than \$100,000. The cost of a life term averages \$1.5 million.

Why are there so many people getting incarcerated? Because, we imprison people that we are mad at instead of people we are afraid of. This means we lock up people for misdemeanor crimes such as public drunkenness, resisting arrest, and simple battery. Usually these people stay in jail for a long time, depending on how serious the crime is. Instead of wasting tax payers money to keep people in jail, they should have to do some type of community work for a certain amount of hours.

The people that get put in jail or prison for drug abuse should be put in some type of rehab so they can get better, instead of being throw into jail. People who are in prison for mental issues should be put in a place where they can get help with their problems, and so they can take their medicine. If they're in prison, they still have to deal with the demons that they have .

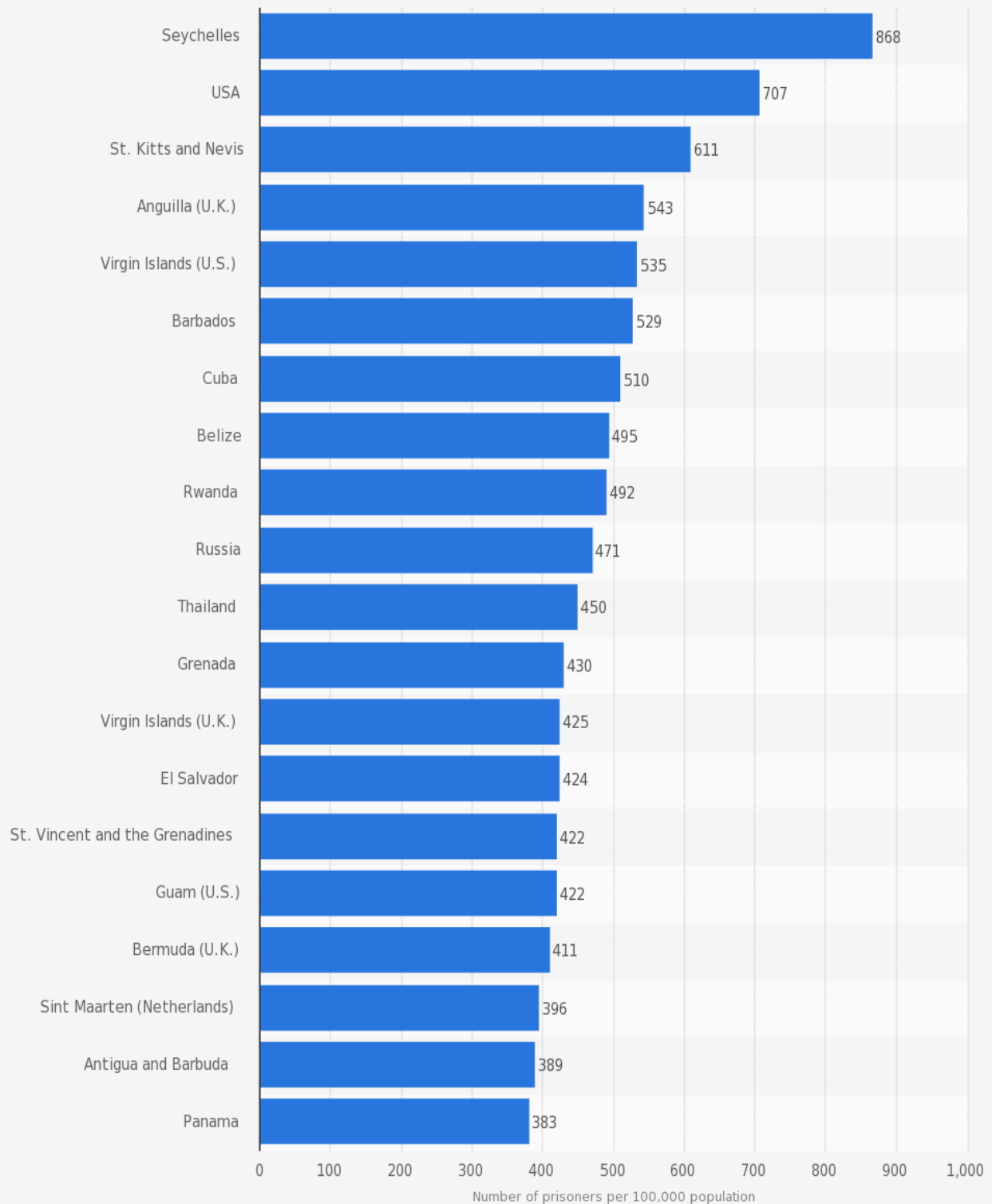
Most of the time, the people who go to jail are repeat offenders, because when they get out of jail, they only have what they came in with. For example, I could go to jail with a t-shirt, and purse and that is what I'm going to have when I get out. No job, no place to stay, no money, no medicine if I need it, nothing. So what is a person going to do when they don't have anything? Get it the only way they know how, and it's probably not the right way. When a person gets out of prison, they should get a place to stay, a job, and some clothes so they can start on the right path on a life after jail.

Basically. The government shouldn't lock up people that they are mad at, they should lock up people that they are afraid of.

Prison Studies, the U.S. tops every other nation in the world.

http://www.huffingtonpost.com/2013/08/13/incarceration-rate-per-capita_n_3745291.html

Countries with the largest number of prisoners per 100,000 of the national population, as of June 2014



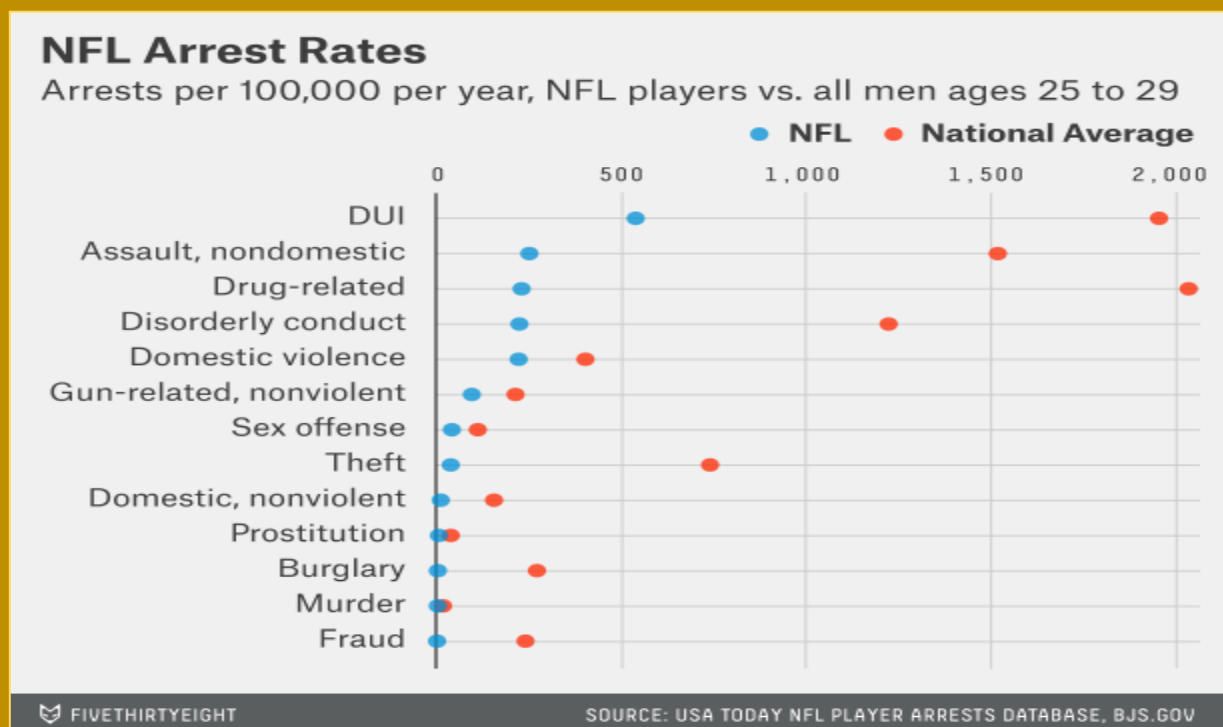
Domestic Violence in the NFL Toni Qualls

Lately there's been a lot of news going around about domestic violence cases in the NFL. Ray Rice, a professional running back for the Baltimore Ravens, is now having his career slip right out of his hands. A tape shows him and his fiancée (now wife) getting into a violent argument on an elevator. Although she spoke out and admitted that she did start the fight, it still doesn't make it okay.

I'm not saying that he had to sit there and take the abuse from her, nor am I saying that it was okay for a man to hit a female; there were other ways that he could have handled the situation instead of punching her the way he did. As a man, you are naturally stronger than a woman, and being a professional football player, he really shouldn't have had a problem restraining her and moving her away from you. But instead of stopping and thinking of another way to deal with it, he just acted without really thinking. If he had stopped to think, he probably would have realized that if he puts his hands on her he was putting his career in danger.

That's not the only case of domestic abuse that has made it on the news in the last few years. I'm pretty sure everybody remembers the Chris Brown and Rihanna case. Now that was just as bad, but why was it that Chris Brown's punishment wasn't taken as seriously as Ray Rice's? Rihanna had actual bruises and black eyes after that fight. But what happened to Chris? Pretty much a slap on the wrist. These cases aren't any different and they deserve the same punishment.

I really do think that it is wrong for men to put their hands on women. For it to take so long for Rice to get into trouble about it, shows that the NFL really didn't think that it was important. Rice and Brown are people that our youth look up to. Do we really want them to teach our youth that it's okay for them to hit women, too?



Bullying and Domestic Violence

Artavis Groves

Domestic Violence is *violent or aggressive behavior within the home, typically involving the violent abuse of a spouse or partner*. Domestic violence is starting to become a pretty common thing in the NFL with Ray Rice and Ray McDonald. This caused Roger Goodell to establish a new ruling of a six-game ban for a first-time offense and a life time ban for a second offense, and now he plans to fix the culture of violence in the NFL.

Bullying is unwanted, aggressive behavior among school aged children that involves a real or perceived power. Kids who bully use their power such as physical strength, to control or harm other.

If you think about it, bullying and Domestic Violence are very similar, because people use their physical strength to hurt or harm someone, like if you hit or hurt your wife or girlfriend. Most bullying happens when you are a child, domestic violence happens as a adult.

A lot of people that are bullied are damaged mentally and physically. Some victims of bullying commit suicide and some tell an adult and deal with it. Domestic violence victim mostly stay with the person who hurts them, like in the Ray Rice case. She married him 30 days after he hit her because she forgave him or she was scared to leave. It would be better if the women didn't stay but leave the man.

If you are a victim of bullying, you should tell an adult that you trust to get you help. Domestic violence victims should call the police for help and leave the person who is hurting you.

Violence is related to certain risk factors. Risks of having unhealthy relationships increase for teens who:

- Believe it's okay to use threats or violence to get their way or to express frustration or anger.
- Use alcohol or drugs.
- Can't manage anger or frustration.
- Hang out with violent peers.
- Have multiple sexual partners.
- Have a friend involved in dating violence.
- Are depressed or anxious.
- Have learning difficulties and other problems at school.
- Don't have parental supervision and support.
- Witness violence at home or in the community.
- Have a history of aggressive behavior or bullying

http://www.cdc.gov/violenceprevention/intimatepartnerviolence/teen_dating_violence.html

Society says what you are,
Obstacle courses you can't beat.
Chess pawns.
Individuality is lost;
Everyone has a leash.
Today's world says
To be something you're not.

Deaira Lanier

Society tells you what to be and how to be it. If you're a Black girl, you are "Ghetto, loud, baby mommas." That's what ALL black girls are going to be labeled until they can prove others wrong. White girls love Starbucks, Uggs, and they date black guys. But who says we have to listen to what they say about us as individuals, a race or even a country. We can break the chains and become what we want to be if we don't care to listen. This generation is built and run by society; everywhere you turn, society is screaming something in your face, telling you to do or be something.

Who says you have to listen?

The average teen, ages 14-18, travels a tough path. Our path includes bullying, violence, social media, peer pressure and many other things. We don't always know how to fight back verbally, mentally or physically. Even though we don't seem to pay attention to the things around us, society is killing us off slowly, one teen after another, because we choose to pay attention to the negative and that gets us down.

As a teenager in 2014, I've dealt with a few hard rough patches over the years, including attempting suicide, but I've gotten better and decided to not pay attention to the negative that society brings. Instead, I focus on the positive and just that only. A friend of mine decided to be a teen mom because of peer pressure, but she could've easily fallen into society's stereotype and dropped out of school. Instead she goes to school, has a supporting family, and her baby's father is in her life. Should she have waited to have kids? Yeah, but that's the price you pay when you're a teenager listening to society in.

Here are some ways we can break the barrier society has on us:

- **Pay more attention to the outside world instead of what social media offers to us to pay attention to.**
- **Stand out! Be you; that's why you were born the way you are, to be an INDIVIDUAL not to be somebody's puppet or shadow!!**
- **"Think Free. Be Free"**
- **Don't restrict yourself, go beyond your limitations.**

You have a say in what you do, do not let society put a leash on you.

Misery wants company, don't be its guest.

Is Our Generation Weak Minded?

Dejana Sullivan

Yes! I say our generation is very weak minded, and others do, too. Especially the adults. This generation is full of followers, easy to persuade, and people that seek the most stupidity. We follow each other in clothing that I really don't understand. We always look for an easy way out and seek recognition for the dumbest things.

I know you've seen those outrageous people paying and fighting over high priced Jordans; this is really making our generation look weak. We pay almost \$200 dollars for some shoes that everybody has when there are other shoes out there that look better than Jordans. We are too worried about getting judged instead of being ourselves. Teens average spending \$5,000 a year of their parent's money on clothes and shoes, according to Herald Sun. This is mostly spent on the name brand clothes that everybody chooses to wear because they see everybody else wearing them. That's one act that shows that our generation has too many followers instead of leaders.

Additionally, this generation loves to take the easy way out and I don't see why. We have teens and young adults who don't want to work hard; they want things a quicker way. Some people would rather sell drugs instead of working hard or going to college just because they want it now. We have no mental toughness; we begin with a mindset of weakness and laziness, according to Elite Daily. And it's true; we want everything given to us instead of earning it. The New York Times says, "College graduates are jumping into the job market, only to land on their parents couches." Now the unemployment rate for 16-24 year olds is a whopping of 17.6 percent.

What also kills our generation are the things we seek recognition for on these unintelligent reality TV shows, like Love and Hip-hop of Atlanta. True, they are entertaining, but you have to look on the other side – they're not teaching you anything. Most of the things that we watch each day show negative vibes instead of positive vibes. Today's 8- to 18-year-old's spend an average of four to five hours each day watching TV according to, Everyday Life. These negative TV shows affect Americans in violence, smoking, dating/relations, and body image. We attempt to copy what we see; we watch these shows for entertainment, when actually we need to watch TV shows that entertain while teaching our generation something positive.

We also reward stupidity on the social websites that we are always on. Teens and young adults occupy their time on Instagram, Facebook, or Twitter, etc. Our generation plays "monkey see monkey do" when it comes to social networks. We all want to be famous on the internet over the dumbest crucial things. For example, in Delaware, 3 or 4 teenagers beat up a mentally

challenged man for no reason. But these teens thought they were entertaining others, when, instead, they were looking ridiculous.

Teens, stop trying to fit in! Be a leader!

Teen Internet Use

- 93% of teens ages 12-17 go online
- 69% of teens have their own computer
- 63% of teen internet users go online every day
- 27% of teens use their phone to get online
- 24% of teens with a game console use it to go online

Teen Social Networking Use

- 73% of teens are on a social network
- The average teen has 201 Facebook friends
- 37% send messages to friends every day
- 8% of American teens use Twitter

What Teens do on Facebook

- 86% of social network-using teens comment on a friend's wall
- 83% comment on friends' pictures
- 66% send private messages to friends
- 58% send IM or text messages using the site
- 52% send group messages

What Else Happens on Facebook

- 55% of teens have given out personal info to someone they don't know, including photos and physical descriptions
- 29% of teens have posted mean info, embarrassing photos or spread rumors about someone
- 29% have been stalked or contacted by a stranger or someone they don't know

- 24% have had private or embarrassing info made public without their permission
- 22% have been cyberpranked

Parental Concerns and Controls

- 88% of parents know that their teens typically use the internet to communicate with people they don't know in the offline world
- 61% of parents' #1 concern with teen social networking is sharing personal information online
- 60% of adults think parents should have full control over everything a child does online
- 47% of parents admit that ensuring their teens are safe online can be overwhelming
- 40% of parents worry about their teen's social network safety when online, even at home
- 34% of parents check their child's social network sites

What Kids Think About Facebook Parental Controls

- 67% of teenagers say they know how to hide what they do online from parents
- 43% of teens say they would change their online behavior if they knew that their parents were watching them
- 39% think their online activity is private from everyone, including parents
- 38% would feel offended if they found out their parents were spying on them with Facebook parental controls
- 25% would be shocked and hurt if they found out about spying
- 20% of kids think their parents have no idea what they're doing online
- 18% have created a private email address or separate social networking profile
- 10% have unlocked parental controls to disable filtering

Year Round School or Not?

Miracle Dawson

Pro's of a year without a summer

Students will gain more knowledge

Many students lose skills over the summer because they don't read or study. I know this for a fact, because my fellow classmates and I have experienced this before.

More students will be involved

Most students who don't participate don't feel as if they even have enough time to do anything. Year round school will give them more time for all of the things they want to do.

Students will stay out of trouble

Children tend to get into more trouble over the summer than during a school year. When kids are in school they have to focus on studying and homework instead of hanging out with bad influence friends. Every kid in school is one less child caught in the streets.

The real statistics

Did you know that only 2% of students drop out of year round school. That's nothing compared to a traditional school year - students that have a summer have a dropout rate of 5% - that is 3% more than year round school. The year round school test scores are about 10% higher than traditional school year schools. We all know test scores are important.

www.statistics.olstatistics

Cons of a year without a summer

When you're young you're supposed to enjoy life

School is stressful; we worry about our grades the whole year. This is exactly why we need summers off to have fun and clear our mind. Remember, a happy life is a healthy life.

We'll get no vitamin D

Vitamin D comes from the sun and without the sun, how will we get the benefits? D strengthens the immune system and aids normal development of bones and teeth.

Higher rates of SADD

SADD is the abbreviation for Students Against Destructive Decisions. During a school year, students get stressed and their grades drop. This can lead to giving up on life. This is why we need a summer break.



Pros and Cons of Year Round and Traditional School Programs

Year-Round – **Pros:** (aka multi-track)

- 3-4 weeks off instead of 2-3 months = better skills retention
- breaks often land near traditional holidays when parents get time off from work
- short-term childcare often easier to find
- eliminates need for summer enrichment programs many families can't afford
- more vacation options available for families
- multi-track system helps relieve overcrowding in schools
- remediation given at different times in academic year (intersession), giving more timely help to struggling students
- teacher and student stress lessened with regular breaks throughout the year
- may benefit achievement of disadvantaged students

Year-Round – **Cons:**

- teachers and students may have to switch classrooms during the year
- limited space availability makes remediation difficult in multi-track schools
- additional storage space needed for teachers who are off-track
- longer year and more demanding for custodians, cafeteria, maintenance, and administration
- parents may have difficulty scheduling childcare for multiple children
- limits time for teachers to update skills and earn advanced degrees

Traditional – **Pros:**

- it's what most of us grew up with (read as: "people are afraid of change")
- allows time for children to have authentic experiences outside of the classroom
- more summer camps and summer activities available to students
- more family time away from demands of school
- teachers get a real break from teaching and lesson planning

Traditional – **Cons:**

- [nayre.org](http://www.nayre.org) reports 2.6 months of learning lost during summer months (though there are plenty of reports that refute this claim)
- finding appropriate childcare can be difficult with many people going on vacation
- more time spent on review of previous year's material at beginning of school year
- teachers get less time to reflect on teaching and students' best learning styles
- remediation offered in summer is often too little, too late

<http://www.redapplereading.com/blog/2012/07/yay-summer-or-not-traditional-vs-year-round-school-calendars-their-impact-on-learning/>



Good Morning Central High School...

Jawan Bowman

Broadcasting should be a choice available at Central High School. This could be the most popular thing in years; we could even start a new magnet.

It is very expensive, though, and would require a grant from the Board of Education. Even if the board does not give us the money, we might be able to find local support for a CHS broadcast. Many local television and radio stations might be willing to work with Central. We can do radio broadcasting, as well as a telecast on YouTube. These casts would be much more interesting than a regular online news article.

All the students would want to be involved, especially to hear see themselves live. People all over the city would tune in, as well. We could do informational broadcasts, or funny skits to lighten up the school day. We could also show highlights of athletics and clubs. Now we need a teacher who will help us get started!

...while the way journalists do their job is changing, the fundamentals remain the same and as pertinent as ever. Journalists today still need to be able to gather information and tell a story. Most importantly, they need to be able to think.

http://cubreporters.org/journalism_careers.html

Broadcasting project ideas:

Year-round Projects are stories such as Morning Announcements, Teacher Interviews, School Sports Programs, School Orientation for New Students, Community History, Video Yearbook, Corporate and Training Videos, and United Way Presentations. We could broadcast weather from the station to provide accurate up-to-the-second local weather data for our area. Students could broadcast finished projects through the internet.

<http://www.teachmultimedia.com/index.php/schtvstud.html>

Skills Needed to be a Broadcast Journalist

Knowledge base: An understanding of issues, names, geography, history and the ability to put all of these in perspective for viewers. It comes from the journalist's commitment to being a student of the news.

Ability to process new information: Sorting, organizing, prioritizing and retaining massive amounts of incoming data.

Ethical compass: Sensitivity to ethical land mines that often litter the field of live breaking news — unconfirmed information, graphic video, words that potentially panic, endanger public safety or security or words that add pain to already traumatized victims and those who care about them.

Command of the language: Dead-on grammar, syntax, pronunciation, tone and storytelling — no matter how stressed or tired the anchor or reporter may be.

Interviewing finesse: An instinct for what people need and want to know, for what elements are missing from the story, and the ability to draw information by skillful, informed questioning and by listening.

Mastery of multitasking: The ability to simultaneously: take in a producer's instructions via an earpiece while scanning new information from computer messages, texts or Twitter; listen to what other reporters on the team are sharing and interviewees are adding; monitor incoming video — and yes, live-tweet info to people who have come to expect information in multiple formats.

Appreciation of all roles: An understanding of the tasks and technology that go into the execution of a broadcast, the ability to roll with changes and glitches, and anticipate all other professionals involved.

Acute sense of timing: The ability to condense or expand one's speech on demand, to sense when a story needs refreshing or recapping, to know without even looking at a clock how many words are needed to fill the minute while awaiting a satellite window, live feed or interviewee.

<http://www.poynter.org/how-tos/newsgathering-storytelling/118945/8-essential-skills-for-anchors-any-journalist-covering-breaking-news/>

Social Media + College Future

Malaya Allen

Do you think colleges should look at students social media before accepting them into their school? Like it or not, they do. It gives them a first-hand look at how a student will behave on campus. It's also a way to find out about personal problems a student has. Looking at students' social media sites can also uncover if a student is using or selling any type of drugs. Maybe there are students getting bullied or are doing the bullying and colleges don't want those kinds of people roaming around their campus.

You should never use the following on social media sites

- Profanity
- Signs of drug use
- Gang related activities
- Bullying
- Nude pictures
- Or giving out too much personal information

These are great things to use on social media sites

- Share thoughts, links, photos & more
- Contact information
- Positive thoughts



If you want to get into college or get a good job, then create a good on-line persona. Otherwise, you will chase away the very people that you want to impress! Check out this website for some great advice on what to remove and what to add to your Facebook page:

http://collegeapps.about.com/od/theartofgettingaccepted/ss/bad-facebook-photos_12.htm

9/11 NATIONAL MEMORIAL APP

By: Gia Carney

In honor of 9/11 National September 11 Memorial & Museum made an app called Explore 9/11. The app was created on September 10, and it has already got raving reviews. It has been rated 5 stars, people are saying that it is heart-felt, beautiful, and touching. I took a little time to explore the app on my iPhone. I can you tell that

it is an amazing app to download. You are able to move through the memorial plaza and inside the Museum. Looking through vivid photography, powerful videos, image sliders and audio recordings from first responders and survivors. I highly recommend downloading the app; it's totally free.



Picture from: <http://www.911memorial.org/apps>

Snack Attack

Johnae Walker

We all know that school food isn't the best. In fact it's the worst. Many students, including myself, have written many complaints, but for what? If the food still hasn't changed then it's NOT going to change. So my solution is to stop complaining and to just bring in food from home.

Most high schools have vending machines and snack stands. But those are just snacks; it isn't going to fill you up. And the snacks are NOT cheap. Most of the prices on the snacks have gone up, too. The small bags of chips that are 50 cents at a store are 75 cents in the machine. It may not seem like much, but it adds up at the end of every week. At our snack stand we have chips, cereal bars, string cheese, gold fish, water, Gatorade, propel, rice crispy treats, juice, and regular water. The snacks taste good, but they're not all really that good a source of nutrition.

So.... maybe you can pack a lunch. At least you'll get to eat food that you like. To keep your food cold, you could freeze your drink and use it as an ice pack. It's also okay to pack something that needs to be warmed up because there are microwaves in the cafeteria, and also many teachers have microwaves inside their class and more than likely, they'll let you use it.

Why complain, when you can just bring food? We've done enough of it! Here are some really easy recipes to get you started:

Ham & Cheese Pita

Ingredients

- 2 (6-inch-diameter) pitas
- 2 teaspoon(s) Dijon mustard
- 8 slice(s) (about 4 ounces) thinly cut cooked ham
- 2 ounce(s) (1/2 cup) Jarlsberg light cheese

Directions

1. Preheat oven to 475 degrees F. Slice each pita horizontally in half, and place cut side up on large cookie sheet.
2. Spread 1/2 teaspoon mustard on each pita half. Top each with 2 slices ham and 2 tablespoons cheese. Bake 5 minutes or until cheese melts and pitas are toasted. Cut each sandwich in half to serve.

Vegetable Soup

Ingredients

- 3 tablespoon(s) olive oil
 - 1 medium onion, chopped
 - 2 clove(s) garlic, chopped
 - 2 carrots, peeled and sliced
 - 1 cup(s) sweet potatoes or yams, peeled and chopped
 - 1/2 cup(s) chopped celery
 - 1 teaspoon(s) turmeric
 - 1 teaspoon(s) paprika
 - 1/4 teaspoon(s) cinnamon
 - 1 bay leaf
 - 3 cup(s) vegetable stock
 - 2 large fresh tomatoes, roughly chopped
 - 1/2 cup(s) chopped sweet red pepper
 - 1 cup(s) fresh or frozen peas
 - 1/2 cup(s) sliced zucchini
 - 1 can(s) (small) chickpeas, drained
-

Directions

1. In a large pot, slowly heat the olive oil and sautee the onions, garlic, carrots, potatoes, and celery for about five minutes. Add the spices and stock and simmer, covered, for 15 minutes. Add all the remaining vegetables and chickpeas, and simmer another 15 minutes. Serve with a crusty country bread that's good for dunking. It's virtually a meal in itself.

Parmesan Pita Chips

Ingredients

- 3 tablespoon(s) olive oil
 - 3/4 teaspoon(s) ground cumin
 - 1/4 teaspoon(s) ground red pepper
 - 5 whole(s) (5 to 6 inch) whole wheat or white pitas with pockets
 - 1/2 cup(s) coarsely grated Parmesan cheese
 - Salt, (optional)
-

Directions

1. Preheat oven to 350 degrees F. In cup, with fork, mix oil, cumin, and ground red pepper.
2. With knife or kitchen shears, carefully split each pita in half. Brush 1 side of pita halves with oil mixture. Cut each half into 8 wedges. Arrange wedges, oiled-side up, in 2 ungreased 15 1/2" by 10 1/2" jelly-roll pans. Sprinkle with Parmesan, and salt if you like.
3. Place pans on 2 oven racks and bake crisps 12 to 15 minutes or until golden, rotating pans from upper to lower racks halfway through baking for even browning. Cool crisps in pans on wire racks. Store crisps in tightly covered container or large self-sealing plastic bag up to 1 week.

Why Not Consider Wrestling?

Javon Buford

Wrestling is not anything anyone expects for it to be, especially if you have never done it before. Wrestling is the hardest, but also the easiest, sport you could play. You only get out what you put in to it, and that is what makes this sport so great. There are so many things to learn from the sport, not only physically but also mentally. Teaching self-control and mental strength, wrestling can be one of the best sports you ever tried, and anyone can do it.

Wrestling is a very competitive sport. You don't only compete with other schools and other teams, you also compete with yourself and your teammates. You have to beat the other man on your own team, before even beginning to face other teams. If you love to compete and push yourself to the highest point, you will love to be on a wrestling team.

Wrestling is one of the hardest sports to play; just going through the conditioning is difficult. Not just anyone can stay a part of a wrestling team. It takes the mentally strongest people just to stay on the team without giving up. The stereotype of having to be the big muscular guy that is really in shape is not the case for this sport. Mental strength is more important than physical strength; the will to not give up during the hardest moments is very important in this sport.

Anybody can be a wrestler. It does not take any type of natural skill to become the best. All that is needed is a heart and a will to win. Most high schools have a wrestling team. I highly encourage you to join it; it will open plenty of opportunities.

Personal Growth & Development

Self-confidence

Discipline

Mental Toughness

Sportsmanship

Competitiveness

Read more at: <http://wrestling.isport.com/wrestling-guides/the-benefits-of-wrestling-why-you-should-wrestle>

CENTRAL SOCCER EXCELS

Sebastian Francisco



As the bus departed from Central High School on Saturday, September 19, every player was focused on the task ahead of them. No Central team in the history of the soccer program has ever won a tournament or even a major tournament. That weekend, Fairdale High School held the King of the Bluegrass Tournament containing Spencer and Anderson County; Fairdale's own team also played in the tournament. Central's first challenge was Anderson County, a very talented team from just outside of Frankfort. They traveled all the way to Louisville to face the Yellow Jackets. Central pounded in three goals from striker, Erfan Rezai, and two assists from Sebastian Francisco. Goalkeeper, Jama Ali, was only scored on once and had many brilliant saves as the Yellow Jackets of Central cruised by the Bearcats of Anderson County. In the championship game against Fairdale High School, in front of their home crowd, the Yellow Jackets pulled off an upset with goals from Chris Encarnacion and Erfan Rezai, with assists from Michael Vance. After the game, the Yellow Jackets were awarded a plaque that is now at the high school for all to see. I know this makes Coach, Brian Rambadt happy. He took over the program three years ago, and has made a complete 360 with the team. Since then, we have played three other significant games, Fern Creek 4-1 loss, Doss 1-1 tie, and DeSales 2-0 win.

From Tehran to the USA

Erfan Rezai

Most kids grow up sleeping with teddy bears or some kind of special blanket, but I grew up sleeping with a soccer ball. I am from Tehran, Iran but grew up in Kiev, Ukraine. Since I can remember, I always wanted to be a soccer player and soccer has been my first priority in life. I started soccer in Tehran; I was only 6 years old and I played for a club called Persepolis. I played there for 5 months then we moved to Ukraine. In Ukraine, I played for Dynamo Kiev and learned a lot in there. I love playing soccer and soccer means a lot to me.

Since the day I can remember, I have wanted to be a soccer player. When I was only 6 years old, I always tried to get my friends to play with me, but they were always busy playing with toys or video games. I just went outside with my soccer ball and played by myself, The only person who actually would play with me was my older brother. He also played soccer for a club, and he actually was my role model.

My brother was my number one motivation. He took me to practices and to my games, and also taught me how to play soccer. Every day after school he would take me to the park and practice soccer. He would always tell me that he believed in me, and that he would always support me with anything I needed. If it wasn't for him, I would never have learned soccer.

After only 5 months playing for Persepolis in Tehran my parents decided to move to Ukraine. I was not happy at all because I liked my club and I had all my friends there. I was afraid that if we moved to different country, I would not be able to play soccer. I cried a lot and did not talk to my parents for few days, but it did not change anything. In September, 2003, we moved to Ukraine.

When we got to Ukraine, I was really sad and angry because I thought soccer was over for me. My brother told me that he would try to find me a place to play, but I did not believe him. I sat home all day in my room, and played with my soccer ball that I had brought from Iran. I could not play outside because it was winter and it was really cold. Every day I would pray to God to find me a club that I could play for. A few months later, just like my brother promised, he found me a club. It was Dynamo Kiev, the best club in Ukraine. My brother took me there for tryouts, and I was really nervous because I did not want to mess it up. After the tryout was over, coach came up to me, and said, "You are good enough to play." I was really happy that I could play club soccer again. I played for Dynamo Kiev for about 7 years.

After 7 years playing for Dynamo Kiev and living in Ukraine, my parents decided to move to the USA. This time I wasn't so sad because I knew that I would be able to find a club to play for. When we moved to the USA, the first thing I did was search for a club team. After few weeks of searching, I found club LSA. I am still now playing for LSA, and my dream is to get to University of Louisville and play on the college level.

Follow Erfan on his blog: <http://erfanrezai.weebly.com>



Rankings of Major World Soccer Teams

Elo Rank	Team	Points	Confederation	FIFA Rank	Elo Rank	Team	Points	Confederation	FIFA Rank
1	Germany	2176	UEFA	1	31	Japan	1701	AFC	48
2	Netherlands	2075	UEFA	4	32	Panama	1695	CONCACAF	55
3	Argentina	2065	CONMEBOL	2	33	Ghana	1692	CAF	33
4	Colombia	1988	CONMEBOL	3	34	Turkey	1691	UEFA	38
5	Brazil	1975	CONMEBOL	6	35	Paraguay	1688	CONMEBOL	60
6	Spain	1966	UEFA	8	36	Algeria	1685	CAF	20
7	Chile	1955	CONMEBOL	12		Republic of Ireland	1685	UEFA	62
8	France	1937	UEFA	9	38	Scotland	1683	UEFA	29
9	Belgium	1890	UEFA	5	39	Nigeria	1680	CAF	37
10	Uruguay	1878	CONMEBOL	7	40	Venezuela	1667	CONMEBOL	66
11	England	1874	UEFA	18	41	Austria	1653	UEFA	39
	Mexico	1874	CONCACAF	16	42	Iran	1652	AFC	44
13	Italy	1871	UEFA	13	43	Finland	1651	UEFA	65
14	Portugal	1857	UEFA	11	44	Australia	1649	AFC	84
15	United States	1827	CONCACAF	17	45	Egypt	1643	CAF	61
16	Costa Rica	1824	CONCACAF	15		Slovakia	1643	UEFA	40
17	Ecuador	1817	CONMEBOL	21	47	United Arab Emirates	1638	AFC	73
18	Switzerland	1782	UEFA	10	48	Senegal	1634	CAF	36
	Ukraine	1782	UEFA	24	49	Poland	1632	UEFA	70
20	Russia	1777	UEFA	23	50	Cameroon	1631	CAF	42
21	Croatia	1775	UEFA	19	51	Bulgaria	1630	UEFA	46
22	Sweden	1769	UEFA	32	52	Uzbekistan	1622	AFC	58
23	Greece	1763	UEFA	14	53	South Korea	1613	AFC	63
24	Serbia	1744	UEFA	34		South Africa	1612	CAF	67
25	Czech Republic	1737	UEFA	28	54	Israel	1610	UEFA	64
26	Denmark	1728	UEFA	27	55	Hungary	1608	UEFA	54
27	Bosnia-Herzegovina	1722	UEFA	25	56	Slovenia	1590	UEFA	53
	28	Ivory Coast	1718	CAF	22	57	Bolivia	1586	CONMEBOL
29		Peru	1717	CONMEBOL	47	58	Montenegro	1583	UEFA
30	Romania	1710	UEFA	26	60	Burkina Faso	1581	CAF	48



My Second Family

Ciera Wordlow

I consider Black Achievers to be a second family. I say this because you become one with your peers and your mentors when you participate. You grow to value, love and care for everyone. It allows you to see the greatness that each and every person possesses inside of them. The mentors volunteer their time to help make each participant better and show them the way. This program made me a strong believer in giving back, and I vow to always reach out to help someone else.

I have been given the opportunity to learn a lot about the profession I want to pursue. For example, I am going to be a judge. I am currently in the Law and Government magnet where I have met attorneys and judges. I utilized this time to actually speak with people who are in a position that I will soon obtain. Some have actually agreed to mentor me, and told me to call them with any questions or concerns that I have on my journey. That is amazing. I want to surround myself with those that have an understanding of what I am trying to do and know how to obtain it. Black Achievers put me in the position to actually network amongst a group of elite professionals and this has truly kept a fire burning in me to reach my goal of becoming a judge. Seeing others that have accomplished it, let's me know it is possible for me, too. I actually still talk to a lawyer that agreed to mentor me from time to time. She is such a helpful resource, and I am so grateful for her. Being taught by people who actually work in law definitely benefits me. They let me know about their experiences, mistakes and achievements. I am supplied with knowledge and one on one time that I would not get anywhere else.

Community Service is also an important aspect of Black Achievers, and to me, as well. We get out in the community and get "hands on." We take on different projects. I always make it a point to stay involved and aware of the needs of people in my community. For example, I really enjoy raising awareness to different causes, like the Lupus Walk. I also like getting out in the neighborhoods and cleaning up through Operation Brightside, which I do with my mother quite often. I also assisted in mentoring middle school children via the community centers. Being involved with giving back feeds my soul. It makes me feel great on the inside; that alone, lets me know I am doing the right thing as a young black lady.

It makes me so proud to be member of the Black Achievers because it is about achieving my goals, being proud of my ethnicity, my history and my future. Black Achievers makes participants think about what we want for our lives and provides us with resources and tools to plan and obtain that.

Some of my closest friends, I met at Black Achievers. It is funny because we have a friendly competition of pushing one another to do better. We compare grades, which I believe is great. It keeps us all motivated and pushes each one of us to do our best and stay at the top of our

game. We understand that as young black future leaders, the best thing to do is surround ourselves with those that are headed in a positive direction, those that motivate us and understand hard work. I see all of us having great, bright futures, and there is no doubt that Black Achievers put us on a great path to our goals.

I would recommend all of our youth to become a member of Black Achievers. I have a sister in the 8th grade and I have encouraged her to join. I know for a fact it will be a great experience for her. I can vouch from my experience the amazing difference this one program can make in her life.

As I move forward in my journey of life, I can't help but to be a little sad that this will be my last year in Black Achievers. All the wonderful memories and experiences that I experienced through Black Achievers puts a smile on my face.

Black Achievers doesn't just teach you about the career you want to pursue, it also teaches you how to be a better person in life - period. It teaches us to focus on things that benefit us. We spend our time brainstorming about the next steps in our lives to push us forward in the right direction. This is a program you can't go wrong with. If you are seeking knowledge, growth, responsibility, uplifting others, continuing education, Black Achievers is the place for you.

I thank each and every person who took their time out to make an impression in my life. All of the staff is reaching out their hand to lift us all up. For that, I feel blessed to be a part of such a prestige program such as Black Achievers.

When I think of Black Achievers, the first word that sticks out to me is black. The reason I say this is because I understand my history and know we weren't always allowed the opportunity to educate ourselves in order to achieve our goals. Many died before me for this right and it is my responsibility to make sure I make the most of it as a young black woman.

The second word I think of is success. I feel like I am surrounded by successful people in my community who show me that it is possible to be successful myself and motivate me to achieve greatness.

Without Black Achievers in my life, I honestly don't know what I would be doing, and I am sure I am not the only one who feels this way. Thank you for touching lives and assisting with the next generation achieving, so that we can, in return, touch lives in a positive manner as well.

To learn more about Black Achievers, go to:

<http://www.ymcalouisville.org/chestnut/kids-and-teens/black-achievers.html>

Follow Ciera on her blog at:

<http://cierawordlow.weebly.com>

What Doesn't Kill You...

Everett Tuggle

Have you ever been at the lowest point of your life? Not wanting to do anything or talk to anyone because the thing you love the most has been taken from you all in a couple seconds?

Sometimes I sit in my room and think what I could've done and change so I could still be playing the game I love so dearly. It was my 10th grade year during a junior varsity football game. I remember it like yesterday. We were playing Manual, and our coach called a simple run play for me right before the half. I was just going to try to get a couple of yards and head into the locker room for half time, but when the ball was snapped and handed to me, there was a huge opening down the left sideline that I was racing down. I headed toward the touchdown, not knowing the safety was coming at me at an angle. He was catching up to me so I used my stiff arm to keep him from tackling me and he pushed me off balance. As I fell, I tried to catch myself. I heard the first snap then I just fell to the ground. Once I tried to get up and push up off the ground, I heard it again – snap. Realizing I couldn't get up, my teammates helped me.

Riding to the hospital, not being able to finish the game, I was already furious. I was thinking I'd be okay; I was just a broken wrist. They'd give me a cast and I'd be right back on the field in no time. Was I totally wrong? Yes! When I got to the hospital, the doctor gave me an x-ray; he came back and gave me the worst news I had ever heard. He told me, showing me the x-ray, "I'm sorry to tell you this, but because of how severely you broke your bone, you won't be able to play football anymore."

I replied, "You're just talking about this year, right, Doctor?"

He said, "No, I mean never." I just sank my head to my lap and cried, not knowing what I would do without football in my life. Football was everything to me; all I knew; I lived for and loved the game.

I went a couple of months, lost, not knowing what I would do without the game I loved so much. I tried other sports, but none of them was like football. I even got a job, but still football would never leave my mind. Shortly after, a man came to my school for assembly. I'll never forget the words I heard from him. He said, "Eventually all of the pieces fall into place, until then, laugh at the confusion, for the moment, and know that everything happens for a reason!" Right after that, my mom told me she was pregnant. I didn't believe her at first until I saw her getting bigger and bigger. Then I realized, I have something to live for from now on-my first sibling.

At that moment, I realized football was good while it lasted, but I have to move on to bigger and better things in my life now. The biggest thing I learned from this experience is that what doesn't kill you makes you stronger.

Follow Everette on his blog at:

<http://everetttuggle.weebly.com>

Video Games Aren't Just Play

Javon Buford

Studies show that kids who play video games often do better in school. Many people see video games as a childish thing and think they are for little kids to do in their spare time. That is not always the case. Video games can help with school in a variety of ways. Video games can give players an idea of what life was like during medieval times, expand vocabulary, and teach more about Greek mythology.

Video games are not always just for entertainment; there are some games especially made just for learning. There are even websites full of games made for learning and helping with school. www.cool-mathgames.com is one of them. Not only computer games teach, but games like, "Catherine," on Playstation 3, is a puzzle game that helps you think quicker.

Video games based on medieval times give players a chance to relive those moments all over again. Reading books and watching movies about the topic don't actually give the sensation of being there during playing the games gives. Games such as "Skyrim" and "Fable" are very well known games based on medieval times and are very enjoyable to play.

If you take a Greek mythology class or even just want to know more about the subject, nothing is better than learning about it through gaming. There are many games based on Greek mythology, such as "God of War" and "Darksiders." Video games increase brain power, teach you to multitask and look at multiple things at once and help you throughout your student career.

Playing more video games can help you in many different ways with school. I highly encourage you to start playing more and see for yourself. Your grades will improve.

Popular educational games for children and adolescents

- [*Big Brain Academy: Wii Degree*](#)
- [*Bot Colony*](#)
- [*Carmen Sandiego*](#) series
- [*The ClueFinders*](#)
- [*Dr. Kawashima's Brain Training*](#) (a series of two games)
- [*EcoQuest*](#) (a series of two games)
- [*GCompris*](#) (GPL)
- [*Genomics Digital Lab*](#)
- [*Get Water!*](#)^[1]
- [*Gizmos & Gadgets*](#)
- [*History of Biology game*](#)
- [*Immune Attack*](#)
- [*Inanimate Alice*](#)
- [*InLiving*](#)
- [*I.M. Meen*](#)
- [*JumpStart*](#)
- [*Ko's Journey*](#)
- [*Lernalot*](#)
- [*Math Blaster*](#)
- [*Number Munchers*](#)
- [*Oregon Trail*](#)
- [*PlaceSpotting*](#)
- [*Quest Atlantis*](#)
- [*Reader Rabbit*](#)
- [*The Magic School Bus*](#) series
- [*Treasures of the Deep*](#)
- [*Tuxmath*](#) (GPL)
- [*Storybook Weaver*](#)
- [*Swamp Gas Visits the United States of America*](#)
- [*Urban Jungle*](#)
- [*Zoombinis*](#)
- [*WolfQuest*](#)
- [*Conspiracy Code*](#)

Popular educational games for adults

- [*Bot Colony*](#)
- [*Democracy*](#)
- [*Food Force*](#)
- [*Global Conflict: Palestine*](#)
- [*Mavis Beacon Teaches Typing*](#)
- [*Miniconomy*](#)
- [*President Forever 2008 + Primaries*](#)
- [*The Typing of the Dead*](#)
- [*CyberCIEGE*](#)
- [*Close Combat: Marines*](#)
- [*Virtonomics*](#)

1964 or 2014?
by Javoughn Brown

Shall we distinguish the difference?
Between 1964's and today's victims,
In addition to racism,
They've added a more corrupt system,
Freedom Riders to Facebook post writers.
Shall we continue the fight,
Or continue to sit back behind screen lights?

In 1964, three Freedom Summer Volunteers were headed to Philadelphia, Mississippi to research a church bombing that had taken place. In the mist of their travels they were arrested for traffic violations. They were held for several hours and released later that night on June 15, 1964 at 10:30pm. The night that they were released was the last time they were ever seen alive. They were found on August 4, 1964 in a Mississippi dam. Local Police refused to prosecute the case, so the Federal Investigators stepped in; out of 21 suspects, 3 were convicted for the kidnapping and murdering of the 3 Freedom Summer Volunteers. That may not hit very close to home, but this might.

On July 2, 1964 a black teen by the name of James Powell was shot and killed by a white officer for no reason. Two days later on July 4th, 1964, 8,000+ people took the streets of Harlem, NY. They caused 1 million dollars worth of damage to the city through setting fires, destroying property, and looting. What happened to James Powell has just happened again to a boy named Micheal Brown in today's time. The reaction of the people was similar. Activists, angry at circumstances in 1964, were able to get the Civil Rights Act of 1964 signed. This act provided equal protection under the law for blacks as for whites. Later that year, on October 14, 1964 Martin Luther King Jr. was awarded the Nobel Peace Prize for his nonviolence protest and Civil Rights Activism.

Lately, the fight for Civil Rights hasn't been much of a fight at all, just a bunch of lazy people sitting behind a screen thinking that facebooking or tweeting about the situation would actually help. Instead, get into the fight. As MLKJ demonstrated, it is very much possible without violence. Today's people and our youth have resorted to no results, as if we all have accepted the things that are going on. How many activist meetings have you attended? How many protests for equality have you been a part of lately? Let's leave the *likes* and *shares* on social media and get into the action. No one can change the world we live in until we change it ourselves.

A wise man once had a dream, a dream that one day came true. We must have our own dream and passion for this cause, for equality and our rights. We need to fight, fight for the rights we all have as humans, the rights that all humans deserve.

We've resorted to no Results,
Violence provoked,
Silence Spoken,
No actions taken,
But we keep on hoping,
Our dreams come true,
And equality comes though.

Follow Javoughn on his blog at:
<http://createandconverse.weebly.com>

Ambition

By Leticia Robinson

Most people look up to celebrities, but my mother is my idol. My mother has taught me everything I know. From her I've learned that no matter what life brings you, there is no excuse not to accomplish your dreams; everyone is as successful as they want to be. I am not a first generation college student; my mom went to college but my father did not.

All through high school, she was in the top ten percent of her class. She was a cheerleader and she was also a majorette. While doing extracurricular activities and working two jobs, she still managed to maintain a 3.8 GPA. She watched her mom battle Lupus. While my grandfather worked 12-hour shifts at Ford, she had to take care of her two younger brothers on a daily basis.

Despite everything that was going on, my mom graduated at the top of her class. Being one of the very few minorities in her school, this was a big accomplishment for her. Because of my grandmothers illness', she didn't want to travel too far from her home in Cleveland, Ohio, for school, so she decided to go to the University of Toledo. Her freshman year she received a call saying that her mother passed away. Being the strong woman that she is, she continued on her road to success. About six of her friends founded the Sigma Lambda Gamma sorority on the University of Toledo campus. Sigma Lambda Gamma is a Latina sorority that focuses on sisterhood and personal development.

Her junior year she met my dad and got pregnant. She finished her junior year at UT and went back to Lorain to get married. While she was pregnant, my father stole from her, and he beat her. About a year and a half later she filed for a divorce.

Her last years of school, she attended the University of Cleveland. She was a single mother and she still managed to get her education so that I could have a better life. She graduated when I was about four, and to this day I still remember sitting on my grandfather's lap and watching her walk across the stage. This meant nothing to me at the time, but I grew up and realized that not going to college was not an option. If a woman in her early twenties, who had gone through as much as she, could get her education, I could, too.

I will not have a family until after I graduate, but when times get hard, I will not give up. I will think about everything she went through for me. Everything she has ever taught me has made me a better person. I've learned to never let anyone get in the way of my dreams. Ambition is the key to these dreams. Without ambition, my mother would not have succeeded, and without ambition, I will not be able to achieve either. When I achieve my dream career, I will make sure I give the world back to my mom because she made sure she gave me everything I ever wanted and needed.

Follow Leticia on her blog at:

<http://leticiaann10.weebly.com>

Normal birthday wishes are for a pair of new shoes or a new game for the Xbox, or even a new phone. But I remember one year, that instead of wishing for my first Barbie doll, I used my birthday wish wishing that my family- mom and brother- could have a better, safer, and more comfortable life. For my family, this meant a house with enough food, and a good education that could help me to become someone in this world. The saddest part was that I knew that I wouldn't be able to make my wish come true thanks to the government of Ecuador.



Everybody knows that in every single Disney movie there is a fairy godmother who makes dreams come true. I didn't believe in fairy godmothers since they only exist in movies or in our imaginations. But April 17, 2011, was the day that I started to believe in miracles. That day was my first day living in the United States, and the end of our suffering; for me, it was really a miracle. I felt like my fairy godmother was watching over me. That day was full of joy. We were so excited about moving to the U.S, but it was also a decision that would change our lives completely. The hardest part was leaving my mom's family, but it was a new dawn, a new beginning of a life without suffering, without having the struggle of never knowing how my mom was going to bring dinner home.

Naturally, there were consequences to our new beginning; for us, it was the struggle of learning a new language. The only words I knew when I got here were HI, HELLO, BYE, and THANK YOU. I basically started from the very bottom. I felt useless; I couldn't express myself at all. I went from being a talkative person, to a shy person who is afraid of being criticized.

I remember the first day that I went to American high school; it was totally different from the schools I went to in my country. I remember that day as if it was yesterday, the laughs of other students because I couldn't speak English and understand what they said. I couldn't express myself. Sometimes, kids were so rude to me, yelling in the hallway, "Go back where you belong!" These were moments that I wanted to give up, give up all the effort that I had put in to get to be where I was, but I knew it was time for me to stop being selfish, to stop thinking only about myself and to start thinking about my mom and my brother, too. No matter how hard things could be, I still would have to face them.

"Be a fighter, be a soldier, be a dreamer, but also don't forget to be YOU," my mom told me over and over. "This is your dream, therefore live it as if is the last one." My mom let me that I have somebody who is watching my back all the time, somebody who believes in me, and that somebody is the most perfect person who is guiding me in my life; that person is my MOM. She always knows how to make me feel alive again and give me all the strengths that I need. So I studied days, nights, months, and years to learn English because, for me, it was the tool I needed to be successful. It took me at least one year to learn the language, but then I felt like I was able to do anything that I wanted and this time there was not anything that could stop me from reaching my dream of being a nurse so that I could finally give my mom and brother the type of life that they do deserve.

Follow Marcella on her blog:

<http://marcelapinedo.weebly.com>

My Music

Devonte Stephens

All my life I have been into music. The first time I heard a musical note I fell in love. Ever since then, I have not been able to escape the addicting sounds of music. The smooth melodies and rhythms do one of two things, they either relax me or put me in a hyper type of mood. Music has become a major part of my life and my daily activities. I feel like I can't live without it, and that is actually the reason I'm going to pursue music as career after college.

It all started around the age of two or three. Growing up around teenagers, a thousand or more songs were constantly being played. Over time, I eventually got accustomed to the Hip Hop and R&B styles of music that were brought to my attention. New musicians have come and gone, but the styles of music have generally remained the same. Throughout the years, I have listened to more and more music, and though the loud sounds could potentially damage my hearing, I continue to listen due to the love I have for music.

By the time I was thirteen, I really began to understand lyrics and eventually developed my own. At younger ages I enjoyed the sounds, but as I grew up, the words and stories, began to make sense. I realized people were telling stories with creatively rhymed words. It was even more impressive to learn that the artists had to keep up with the tempo of the beat and manage breathing while recording. This discovery left my mind blown, and it inspired me to give it a try.

Becoming a creative musician became my goal, but I had a rude awakening because it turned out to be way harder than it looked. I made a thousand attempts to do things such as tell stories, stay on beat, and rhyme creatively using syllables, but it all seemed to make no sense. This process was very frustrating and challenging mentally, but I knew if I really wanted to be successful, then throwing in the towel was definitely not an option. After years of practice and long nights of repetition, writing quality music became far less challenging. People began to acknowledge my music, and I felt a sense of accomplishment knowing my hard work was at least starting to pay off.

After "mastering" music production, I began to receive a little bit of local recognition. Soon when people saw me, they asked for me to help them with things music related. People always expected me to perform or entertain them right on the spot, and 85% of the time, I actually did. At first I had no problem entertaining them, but after a while, they got carried away and it annoyed me. But through the struggles and adversity, I continued to live my life, enjoy myself, and do what I do best.

I feel as if music has honestly been a part of me since birth. I have developed an unbreakable bond with anything music related. It has overtaken me in a way in which it controls my mood and feelings. I really do have talent and plan to use it to its full potential. I will utilize it by working, making progress and doing whatever it takes in order to have a successful music career in the near future.

Follow Devonte on his blog: <http://devontestephens.weebly.com>

The Burn I Ate

By: Fathi Aden

When I was around the age of six or seven, and living in Kenya, my cousin decided to ask me to eat with her. It was not much of a surprise since she and I were the only ones at home and I was hungry and tired from playing outside, so I was grateful.

I went into my aunt's kitchen; it is a circle, every part of it covered with fabrics with different colors, textures, and designs. The kitchen tells a story of its beauty, its owner, and the love my aunt put into it. Made with 100% sticks, the floor of the kitchen was colored with red dirt, and grayish, whitish ash. The dirty brown burgico (fireplace where the food and other stuff is cooked), used for a while but still looking new, was at the left and my cousin sat at the right. The place smelled so good, like fried rice; just the smell made me feel relaxed. Unlike the U.S., people back home ate from the same plate together.

I sat down, looking at the rich delightful food. I washed my hands in the water she put aside for me, and dug into my plate. The second the food touched my mouth, I felt a burn, as though I had put fire in my mouth. Tears fell out of my eyes, dripping, while I spat the food from inside my mouth. I ran straight to the room where the water was. It was very cool like the water itself, and was built exactly like the kitchen, but smaller and not as pretty. It was muddy from my cousin spilling the water - gallons and gallons of water, too heavy for a little girl. I did my best to scoop the water into my mouth, and once I did, I washed my mouth, and tried to make the burn stop. I felt as though I was on fire.

I cried and cried like the end of the world had come. My belly kept on making that noise it makes when I'm hungry. And my cousin called my name, "Fathi." I wondered what she wanted. I went to her, angry that she had put hot spices in the food. She told me that she had made new food, different food, and this time it wouldn't burn my mouth. I was so happy to hear that that I forgot about the fact my mouth had been burning a minute ago, and that I had been crying a second ago. I trusted her, like she had never added hot spice to the food.

I sat down, washed my hands, and put the food in my mouth and guess what, it burned; this was not a new food, this was the same food that had made me cry. I cried that entire day until I fell asleep. From that day and on, I never ate food with her.





Tyler's Journey Across the Stage

Tyler Wolf

Earth is only a stage, on which we play the melodic tone of our dreams. At least that is what everyone else does, for I do not have a dream. What I have is far more precious, because it is not an option, but a future accomplishment. My song is a beautiful metaphor of peaceful chaos in the raging pond of my eyes in many positions. All people are correct to maintain a dream, but I only maintain a goal. As the world is my stage, I will perform the song the way that I see fit. Now it is time for me to raise to center stage and to live my life for the crowd, and more importantly, myself.

This goal that I will achieve is to write, and to live through literacy. I will find my way past the gates of college and then back into college. I will live out all of my final days in college, but it will be as a professor. I have gained this passion for education throughout my life and I will play the magical tune of education. Since my years of middle school, what I have learned has shaped me into who I am today. The precious thing that sparked my will to achieve was discovering that I am not the saving generation, but that I am to be a kick start for them.

If one wishes to educate, they must first be educated, and if one wishes to succeed they must also be educated. I will be part of that bridge to success for the future, as teachers are the saviors of mankind. My observation of the system has turned up evidence that not nearly enough finances are allocated to educate people. When I was fourteen, I was invited to work at a Boy Scout summer camp, named Camp Crooked Creek. While there, my education on the importance of education grew immensely through watching the scouts and how their knowledge increased in so many ways. At that point, it became my goal to fix the wretched education system to provide a better future for all of us.

Though it was camp that opened my eyes to the power of education, it was simply my kick start on my path to understanding. I wage war, not with guns, but with knowledge every day. This is a one sided war that the system is winning, because people are ignorant of the information they are being denied, or the work that pushes not for mastery, but for tedious action. I wish to be a soldier in this war for the youth that are having their potential oppressed by my future career. If society would accept the power of education and could see its current flaws, then the future would be that much brighter.

My life was decided the moment that I realized the true threat to happiness that ignorance poses. I witnessed it in my own family. Ignorance caused my parents to get divorced when I was younger. This direct impact on my life has doubled my household responsibility, as well as letting me see that you do not have to be ignorant to be affected by ignorance.

If one is to look back on my life, they would see a flux of ups and downs. There have been far more downs and low lighting on my stage than there have been ups and perfect melodies in my life. I find all of us important, because we all have the potential to succeed; we just need the proper kick start to get there. If I were alone, my goal would fade into a superficial dream, but every ignorant person I meet is my motivation to succeed so I can pass on the luck of success through knowledge.

Trend the Change

Javoughn Brown

If "Change" streamed live leaks would you listen to it?

Now a day's we're easily influenced,

Negativity is spoken very fluent,

But I speak a different language,

To a broken generation,

They told Ali he'd never make it,

Now the torch has been passed,

To social media slaves named children,

Please leave the name Cassius to be,

There's no more fight to be free,

Just fighting the next casualty and not to be it,

Let's freeze the tics,

And reflect on how we got here,

No more blaming politics,

Sterling's and Paula Deens,

Because a man once walked and fought with a purpose and a dream,

We've taken for granted,

The rights that weren't always granted,

Lets leak "Change" and trend a difference.

I AM FROM

By Caitlyn Vannerson

I am from lost hope and broken dreams,

Nights of crying to sleep.

I am from wanting my momma,

Wanting a dad that doesn't want me,

A dad that's not really my own.

I am from being scared to fight to fighting to live another day,

Being me no matter what other people say.

I am from not caring who likes me,

Always being alone.

I am from being loud and not knowing it,

Being happy because life is too short to be mad all the time.

I am from being Wiccan for almost a year now,

Celebrating Yule in the winter.

I am from living in the darkness,

Having a dark side most people don't get to see.

I am from moving to a different house every few months,

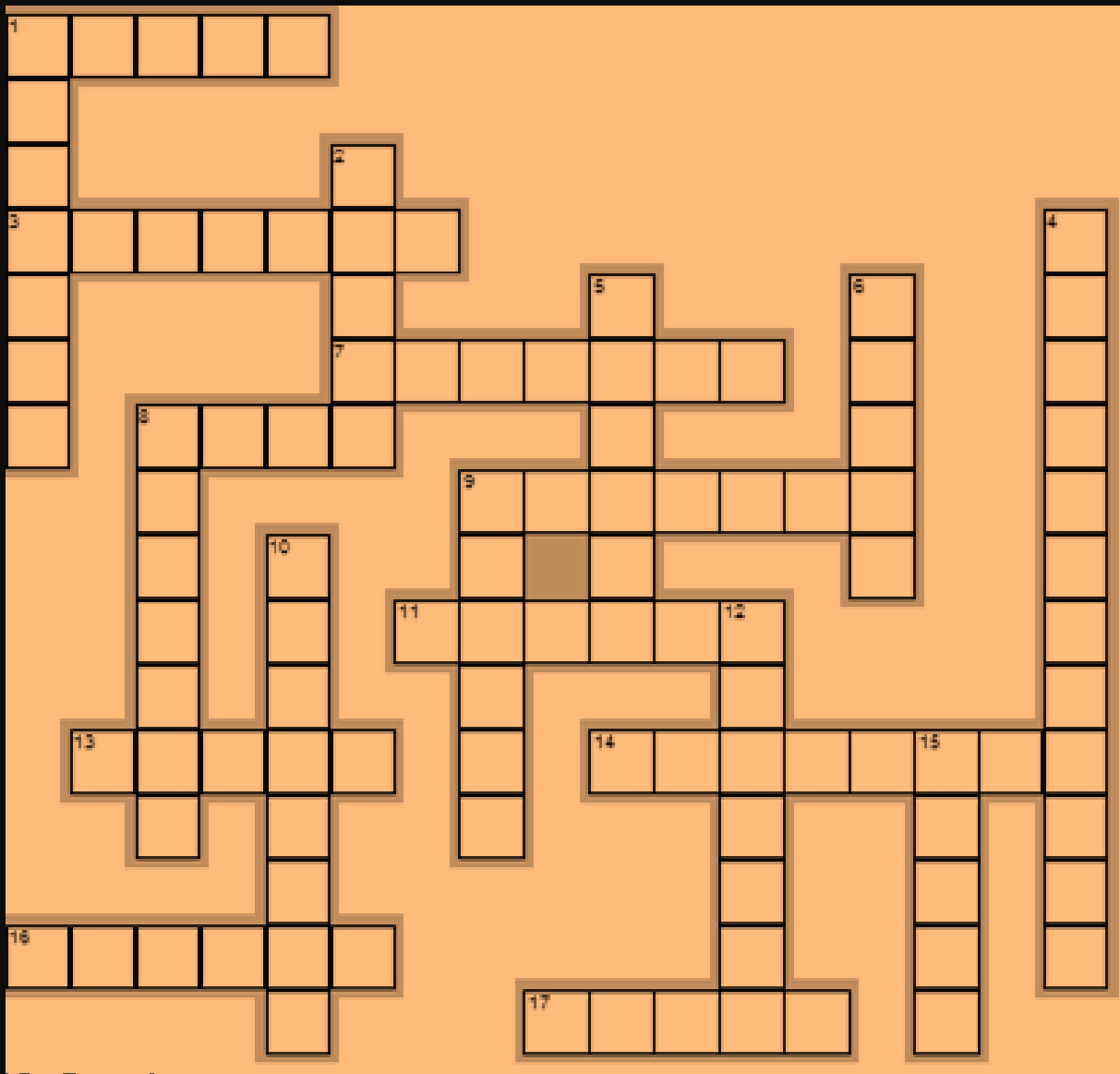
Always taking care of myself.

I am from never giving up or giving in.

I am from writing poems, songs, and stories.

Trick or Treat

Dwayne
Vega



Across

1. It's all wrapped up in rags.
3. The most feared bug.
7. He'll put a spell on you.
8. They're in the belfry.
9. Found in an old house.
11. Neither dead or alive.
13. Found under a bridge.
14. It'll give you bad luck.
16. Where a vampire sleeps.
17. Found in your torso or in a church.

Down

1. You can find them under the bed.
2. They flock together.
4. A scrappy monster.
5. Re-incarnated corpse.
6. Often invisible.
8. Needed to roast marshmallows.
9. Used to light a Jack-o-lantern.
10. Found in your body or in the Science lab.
12. The most popular vampire.
15. The scariest thing at the circus.

JEFFERSON COUNTY PUBLIC SCHOOLS

Equal Opportunity Policies

Equal Employment Opportunity

Employees/Applicants

The Jefferson County Public School District shall not discriminate in recruitment or employment on the basis of age, color, creed, disability, marital or parental status, national origin, race, sex, sexual orientation, veteran status, religion, or political opinion or affiliation. The District shall promote equal opportunities through a vigorous affirmative action program as an integral part of personnel policy and practice in the employment, development, advancement, and treatment of employees of the Jefferson County Public Schools.

In the Event of Questions

Employees or applicants, report to immediate superior, appropriate personnel administrator, the Compliance and Investigations Office, or the appropriate enforcement agency if you believe you have experienced harassment/discrimination.

Equal Educational Opportunity

Students/Parents or Guardians

No student shall be denied equal educational opportunity for any reason by the Jefferson County Board of Education because of his or her age, color, disability, parental status, marital status, national origin, race, religion, sex, or veteran status.

Harassment/Discrimination of any type is not permitted. A student has the right to attend school free from harassment and should not be subjected to discrimination for any reason. Schools will strive to ensure that these rights are protected and that appropriate consequences are provided to offenders.

In the Event of Questions

Students and parents/guardians, report to principal, the Compliance and Investigations Office, or the appropriate government agency if you believe you have experienced harassment/discrimination.

Noncompliance with the above policy and procedures may result in disciplinary action.

Discrimination Grievance Procedure

The Jefferson County Public Schools Discrimination Grievance Procedure is available at local schools, on the Jefferson County Public Schools Web site at www.jcpsky.net, or in the Compliance and Investigations Office, C. B. Young Jr. Service Center, 3001 Crittenden Drive, Louisville, KY 40209. Contact Cheryl Walker, Compliance and Investigations director, at **485-3341**, or call or write one of the following enforcement agencies:

Equal Employment Opportunity Commission

600 Dr. Martin Luther King, Jr., Place, Suite 268
Louisville, KY 40202
(502) 582-6082
www.eeoc.gov

U. S. Department of Education, Office for Civil Rights

Wanamaker Building, Suite 515
100 Penn Square East
Philadelphia, PA 19107
(215) 656-8541
www.ed.gov

Kentucky Commission on Human Rights

The Heyburn Building, Suite 700
332 West Broadway
Louisville, KY 40202
(502) 595-4024
<http://kchr.ky.gov>

Louisville Metro Human Relations Commission

410 West Chestnut Street, Suite 300A
Louisville, KY 40202
(502) 574-3631
www.louisvilleky.gov/HumanRelations



www.jcpsky.net

Equal Opportunity/Affirmative Action
Employer Offering Equal Educational Opportunities